



Lincoln Sailors Wrestle for Opportunity

By MCSN James Evans

Penny Press Staff

Sailors from the Naval Base Kitsap area competed for spots on the 2007 All-Navy Wrestling Team Nov. 16 during tryouts at the NBK Bremerton Concourse West Fitness Center.

Thirty-five participants vied for the 20 open spots on the team, including six wrestlers from USS Abraham Lincoln (CVN-72). Member selection was conducted by All Navy Wrestling Team Coach Rob Hermann, a former Olympic Coach and National Champion who has been involved in Navy wrestling since 1978.

"This area is usually our best draw," Hermann said. "There are a lot of really good wrestlers between all the Navy bases out here."

According to Hermann, All-Navy wrestling team hopefuls were each given two, 90 second rounds against another opponent in their weight class to prove that they have what it takes to make the team. Judging was based on what Hermann saw during these two rounds, as well as the fighter's wrestling history.

"Besides being able to impress me during the three minutes they have here in the ring, I'm looking for a top three high school or college state wrestling background at minimum," said Hermann.

Herman added that such a rigorous screening is necessary to ensure prospective team members are ready for the challenges they will face during an intensive training camp and the competitions that follow, beginning with the Armed Forces Tournament in March.



Photo by MCSN James Evans

CS3 David Sena (right) from USS Abraham Lincoln (CVN-72) and Pfc. Mark Drubin of Marine Security Force Detachment Bangor battle for a spot on the All-Navy Wrestling team during tryouts held at Naval Base Kitsap's Bremerton Concourse West Fitness Center.

"If an applicant's package is accepted, they will go TAD (Temporary Additional Duty) to me and train twice a day, six days a week," Herman said. "It takes 30 days to get in shape for a six-minute match."

The end goal according to Hermann, is to craft a wrestler who can compete at an

Turn To Wrestler, Page 3

The Financial Pain of DWI,DUI's Revisited

By FLTCM (SS/SW) R. D. West

Special to Penny Press

While I was on leave, I ran across something that really struck me as amazingly simple yet profound. I want to share that with you today.

Awhile back I wrote a column about DUIs, and I talked on just about every

topic you'd expect a Fleet Master Chief to address. I went on about how it could be avoided by having a plan, how it can ruin your career and your life. I talked 'em all up.

But the other day, I ran across something that I think hits home for every one of us when it comes to drinking and driving, and that's what I want to share with you now.

How much money do you make? How

much can you afford to lose? And I'm not necessarily talking Mast here, although that will figure in later.

OK, let's say we have a Sailor who foregoes better judgment and decides to drive home after a night of partying with friends. He or she gets into an alcohol-related accident. What is the actual cost?

Turn To CO, Page 3

Inside

Full on Turkey? Well, Cleary's going to fill you up on movies....

....pg. 2



Return of the Fleet Master Chief

....pg. 3



Navy History..... 2

Shipmates..... 4

Top 10..... 4

At The Movies

The "D", The Fountain and a case of Deja Vu

By MC2(SW) Dan Cleary

Penny Press Staff

Hey there pilgrims! I hope you all have full bellies from Thanksgiving.

Movie studios released a horde of movies during Thanksgiving weekend including: "The Pick of Destiny," "The Queen," "The Fountain," "Déjà vu" and "Deck the Halls."

Because of the extremely long weekend, I had a good deal of time to see movies. So this week I'm bringing you not one, not two, but three movies. Enjoy!

"Tenacious D in The Pick of Destiny"

Jack Black and Kyle Gass deliver up the first movie about their band Tenacious D. For anyone who has listened to the albums, you pretty much get the kind of humor that's in the movie. The Tenacious D movie is pretty much like "Bill & Ted's Excellent Adventure," except way raunchier and it has the Devil in it.

The movie itself has some very funny moments and new and original songs. But the story is very weak and there are way too many coincidences.

This is the type of movie you go see for the humor, not the story. If you enjoy the albums, or "Bill & Ted's Excellent Adventure," you'll enjoy this movie. **Verdict: 3/5**

"The Fountain"

Because of the all-star cast (Hugh Jackman, Rachel Weisz, Ellen Burstyn) and the amazing previews for this movie I was very excited to see it. I couldn't have been more disappointed. This movie couldn't have been more confusing.

The Fountain splits off into three different stories, which almost have nothing to do with one another. When the movie ended I had

no idea what I just saw.

The only good point about this movie is that it's visually stunning with beautiful special effects. It's just sad that they couldn't put a story together with this good cast and great special effects.

Verdict: 1 1/2 /5

"Déjà vu"

From Jerry Bruckheimer studios, the people who brought you "Bad Boys 2," comes another over the top action movie called "Déjà vu."

This movie has a very clean look and some very good acting from Denzel Washington. The only major problem with this movie is that most of the action in it seems forced or not needed at all.

The story has the feel of a smart detective movie, then all of a sudden a car blows up and you wonder why.

"Déjà vu" is entertaining, but unfortunately not an original movie. It's a damsel in distress, race against the clock type of movie. "Déjà vu" is worth seeing once, but not twice to actually get déjà vu. **Verdict 3 1/2 /5**

Discount movie passes are for sale for \$5 in the MWR office on the barge. The passes are good for any movie at a Regal or AMC theater.



Had a drink? Get a ride!
Call (425)530-1934 for Abe's Smart Ride.
A phone call now can save you a headache later.



Nov. 27, 1941

Chief of Naval Operations sends "war warning" to commanders of Pacific and Asiatic Fleets.

The Penny Press is an authorized publication for members of the military services and their families. Its content does not necessarily reflect the official views of the U.S. Government, the Department of Defense, the Department of the Navy, or the Marine Corps and does not imply endorsement thereby. All articles are subject to editing. Due to a need for timely news stories, there is no guarantee when a particular story will run.

Commanding Officer.....	Capt. C. A. McCawley
Executive Officer.....	Capt. (Sel) T. E. Nosenzo
Public Affairs Officer.....	Lt. Cmdr. John Filostrat
Media Dept. LCPO.....	MCCS(SW/AW) Jon Annis
Editor.....	MC2(SW) Michael Hart
Staff.....	MC1(AW/SW) Patrick Sullivan
	MC1 Jeanette Bowles
	MC2(SW) Michael Cook
	MC2(SW) Daniel Cleary
	MC3(AW) M. Jeremie Yoder
	MC3 Jordon Beesley
	MCSN James Evans
	MCSN Michael McNabb

NEWS

FLTCM

Continued From Page 1

OK, let's start doing some math.

First off, there's the towing fee for your car whether it's in one piece or not. That averages to about \$150.

Next, you're going to need a lawyer since the cops wrote you up for DUI. The Navy's not giving you one, so that's about \$3,500 for a decent lawyer.

Since most states administer field breathalyzer tests, if you were DUI, they're pretty much going to be able to prove it. So despite your \$3,500 lawyer, you get convicted. The fine averages about \$400.

Now your insurance company gets a hold of this info, and they are none too pleased. You get hit with a surcharge for about three years (assuming you stay out of trouble that long) and that adds up to about \$1,500 bucks.

Lemme see now ... carry the one, add the four ... we're at \$5,550 right now for just a couple of rounds.

But wait, there's more.

Part of the conviction means you have to pay the court costs. There's another \$450, thank you very much.

As part of the sentence, you have to attend alcohol education – which costs you money – for about \$150. And you have to have an alcohol and drug evaluation test – \$75.

Hey, did they mention that as part of the course and evaluation, they decide you need alcohol dependency treatment? Yep, they did, you do, and it costs \$400 to complete.

So where are we at now? Adding everything up, I have about \$6,625 in fines, fees, and other mandatory costs.

I'd like to say that's it, but it's not.

Most states charge you money to get your license reinstated. Are you ready? It averages to about \$1,000. Add to that about another \$400 in lost work and other costs, your total cost for that final drink was about ... \$8,025!

Now I realize that different places have different costs and rates. Some might be a little cheaper. Others will not. But shipmates, I cannot imagine any of us paying \$8,000 for a beer. You can get a really decent car for that kind of money.

And of course, you know that once you get back to the command, the skipper's going to be looking for his or her cut too. Let's say you're an E-5 with over six years, so that's about \$2,200 you can possibly kiss goodbye.

Grand total: \$10,225.

Now I've shown you cold hard dollars. But what's the law here? Pretty simple, folks. While the laws also vary from place to place, generally you can expect:

- * Legal drinking age – 21 years old
- * Blood alcohol level of .08 – DUI and automatic six-month suspension of driver's license ... did you know even lower BAC levels significantly degrade reaction times?
- * Blood alcohol level above .20 – increased DUI penalties and automatic six-month suspension of driver's license
- * Refusing to submit to a breathalyzer request by law enforcement – 1 year au-



tomatic driver's license suspension for the first refusal and 18 months for the second or subsequent refusals

* Underage drinking – arrestable second-degree misdemeanor with up to a \$500 fine, and if you refuse the breath test, 1 year automatic license suspension

I'm not trying to preach, folks. Those are the simple, hard facts. If you drive under the influence, you might as well get out your checkbook.

Not a single one of us would pay this much money for "just a few beers." If the barkeep gave you this kind of tab, you'd go through the roof.

So why is it that our fellow Warriors are willing to pay this? If you know, you're smarter than me because I can't figure it out.

Wrestling

Continued From Page 1

Olympic level and possibly vie for a seat on the Pan American and Olympic wrestling teams.

Despite the pressure of high expectations, for those who participated, the tryouts were as much about love for the sport as making the team.

"I'm here because wrestling is the only sport I know and I just wanted a chance to compete," said Lincoln Engineman Fireman Scott Boyle.

For another Lincoln Sailor, the tryouts were a second shot at achieving a goal set the year before. Aviation Ordinanceman 3rd Class Richard Calderon was accepted last year to train for the team in Pensacola, Fla., but failed to make the final team selection. Despite the setback, he returned to the mat to give it another try.

"My motivation is to do it again, get there, and keep on going," Calderon said.

At the end of the night, four area Sailors were selected to receive applications for the team. Hermann met with the applicants after the tryouts to stress the importance of physical and mental conditioning and to encourage them to set up matches between one another.

"Just because you receive an application, doesn't guarantee you'll go to train, and just because you make it to training doesn't guarantee you'll make the team," Hermann said. "So between now and January my suggestion to all the applicants is that they spend every minute of their free time working out and setting up matches. That will be the difference between those who make the All-Navy team and those who don't make it past training camp."

Final Words



Shipmates

The strength of a warship lies in the hearts and hands of its crew.



Photo By MCSN James Evans

A03(AW) Kenneth Bailey displays some of the contents of Thanksgiving care baskets being distributed to Sailors from USS Abraham Lincoln (CVN-72). Lincoln's Religious Ministries and Training Departments teamed up to provide Sailors in need with a complete Thanksgiving dinner. The baskets were made possible by donations from the Navy League, Veterans of Foreign Wars, and corporate sponsors.

Editor's Top 10

Top 10 signs gas prices are getting too high...

10. The Amish are no longer the only ones driving horse-and-buggies.

9. People are taking out second and third mortgages to fill up their SUVs.

8. You can buy gas with cash, credit, debit or your first born child.

7. Gas stations are going to a "members only" format.

6. The President's limo is replaced with a Toyota hybrid.

5. The Pope is syphoning gas.

4. Mobil is giving away gold earrings with an 8-gallon fill up.

3. There's a formula for bootlegged gasoline on the internet.

2. Gas price billboards read "to be continued."

1. People go to Canada for their Meds and cheap gas.

Join us for the Lincoln:

Kid's Christmas Party

Saturday, December 2nd
1100-1500

@

The Commons,
Naval Base
Everett

Only \$2.00
per child



USS Abraham Lincoln 2006 Bremerton Christmas 'Office' Party!

Join us for free bowling
@ StrikeZone,
Food & Drinks
@ Sam Adams &
lots of prizes all
night long!
1500-1900
Friday 15DEC

